



State of Arizona
Department of Education

Nutrition Education Resource
The Dairy Council of Arizona

Target Audience:

Educators of Kindergarten-12th Grade

Materials Available:

A variety of nutrition education materials are available that are applicable to all ages. Teachers and education professionals can obtain educational materials for students such as handouts, brochures, teaching kits, videos, and leaflets. Posters promoting ideas such as healthy eating are also available for display. A strong emphasis is placed on calcium-rich foods. Materials are available at no cost. Examples of educational materials include:

- Food Models-To help children compare nutrients in different foods
- Little D's Nutrition Expedition Teacher's Kit (2nd grade) - 10 activity program that incorporates hands-on student learning
- MyPyramid for Kids Poster- Healthy Eating and Physical Activity Promotion
- Power Up: From the Inside Out- Brochure for middle school and junior high students showing importance of meeting calcium needs for bone development.

Some materials are also available in Spanish as well as English.

How to Access Materials:

Online:

www.dairycouncilofaz.org

Mail:

2008 S. Hardy Dr.

Tempe, AZ 85285-6877

Phone:

(480)966-7211

Contact Person:

Terri Verason, MS, RD

Director of Nutrition Education

Cost:

Free



State of Arizona
Department of Education

Nutrition Education Resource
Changing the Scene: Improving the School Nutrition Environment

Target Audience:

School decision makers, education professionals, the community

Materials Available:

This boxed kit discusses the role and importance of a healthy school environment. A Guide to Local Action is included with a booklet of ideas of how to assess your current school environment and ways to go about improving it.

Support materials section includes:

- An improvement checklist,
- Handouts,
- Sample letters
- Meeting notices
- Press releases
- Articles

These materials help facilitate the implementation of a healthy school environment.

Related resources section includes:

- A school health policy guide discussing healthy eating, physical activity and tobacco-use Prevention self-assessment
- Planning guide.

A PowerPoint Presentation along with a script for the facilitator, and a video with brochures provides another tool for emphasizing the importance of a healthy school.

How to Access Materials:

-The Dairy Council of Arizona Resource Catalog

www.dairycouncilofaz.org

-USDA: Team Nutrition

www.teamnutrition.usda.gov/educators.html

Materials available upon request or by submitting a printed or email order form

Cost:

Free



State of Arizona

Department of Education

Nutrition Education Resource Team Nutrition USDA

Target Audience:

School foodservice professionals, Educators of grades K-12, Parents, Community, Child Care Providers

Materials Available:

Team Nutrition is a USDA initiative to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. The importance of nutrition and physical activity are the emphasis.

Materials available include:

- Posters
- Breakfast and lunch menu assistance
- Activity based programs to build skills and motivate children to make healthy eating choices
- Reproducible materials for students
- Teaching kits
- Child care recipes
- Reference guides for foods
- Media guides
- Worksheets for students

Some materials are available in Spanish as well as English. Browse through the Team Nutrition website for a better idea of what materials will benefit your schools more.

How to Access Materials:

USDA: Team Nutrition

www.teamnutrition.usda.gov/educators.html

Materials available upon request or by submitting a printed or email order form.

Some materials can be downloaded directly from the website.

Cost:

If you are part of Team Nutrition, these materials are available at no charge. Some materials can be downloaded or are available upon request. If you are not a part of Team Nutrition, these materials are available for purchase.



State of Arizona
Department of Education

Nutrition Education Resource
The Office of Public Instruction (OPI)
Eat to Be Fit

Target Audience:

Teenagers and their families

Materials Available:

This resource was developed by a team of nutrition and health professionals for educators. Eat to be Fit is a series of twelve informational handouts for teenagers. These handouts address various nutrition topics that were identified by teens to be of most interest and importance to them.

Resources can be used:

- In classroom bulletin boards
- Supplement for nutrition instruction
- In school newsletters or articles
- Sent out to the students' families

How to Access Materials:

Online:

<http://www.opi.mt.gov/health/fit.html>

For a hard copy:

The Montana Team Nutrition
Program
Montana State University
202 Romney Gym, P. O. Box 173360
Bozeman, MT 59717-3360
Telephone: (406) 994-5641
Fax: (406) 994-7300
Katie Bark RD, LN
State Director
E-mail: kbark@mt.gov

Montana Office of Public Instruction
School Nutrition Programs
P.O. Box 202501
Helena, MT 59620-2501
Telephone: (406) 444-2501
Fax: (406) 444-2955
Chris Emerson, MS, RD
Team Nutrition Specialist
E-mail: cemerson@mt.gov

Cost:

Free



State of Arizona
Department of Education

Nutrition Education Resource
GoldKist Inc.
Meeting the Wellness Challenge Newsletter

Target Audience:

School foodservice professionals, school decision makers

Materials Available:

This Wellness Newsletter provides assistance, tips, resources, and ideas from school foodservice professionals and other professionals involved in the Wellness Policy from around the country. It serves as a valuable resource in that it addresses the various stages of the Wellness Policy including the writing and implementation stages. Experiences and resources are mentioned from the local and national level so that school districts can learn about what has been successful and what has failed so you can potentially incorporate these ideas into your Wellness Policy.

How to Access Materials:

Mail:

Gold Kist, Inc.

c/o PMK Associates

Contact: Lindsey Monroe

Phone: (703)841-1600

Email: pmk@pmkassociates.com

Cost:

Free



State of Arizona
Department of Education

Nutrition Education Resource
Arizona Nutrition Network:
5 a Day the Colored Way
Go Low

Target Audience:

School foodservice professionals, educators of elementary school-aged children

Materials Available:

At the Arizona Nutrition Network: 5 a Day the Color Way website, you can obtain recipes for a variety of fruits and vegetables, showing children that they can eat their fruits and vegetables and still be appetizing. Nutrient information, as well as preparation and selection tips are also included on the website. These recipes can be downloaded off the internet and can be used in the classroom setting to supplement a nutrition instruction. Bobby Be Well, the cartoon spokesperson for the Arizona Nutrition Network, is a fantastic role model for kids to show them that a healthy lifestyle can be fun. Bobby Be Well is also the spokesperson for a number of other programs on the Arizona Nutrition Network, such as "Go Low" which emphasizes drinking low fat and fat free milk.

How to Access Materials:

Arizona Nutrition Network

Online:

<http://www.eatwellbewell.org/5aday.html>

Contact Person:

Sharon Sass, RD, Community Nutrition Team Leader

Department of Health Services

1740 W. Adams St. #203

Phoenix, Arizona 85008

Email: sasss@azdhs.gov

Cost:

Free



State of Arizona
Department of Education

Nutrition Education Resource
Nasco Nutrition: Teaching Aids

Target Audience:

Educators of grades K-12, Nutrition and Foodservice Professionals

Materials Available:

Nasco Nutrition Teaching Aids provides:

- Nutrition education materials,
- Posters,
- Food models,
- The latest books and references with up-to-date nutritional information,
- Nutrition activity books

These teaching aids can accentuate nutrition education. The resource catalog breaks up materials into a variety of sections, including age-specific, nutrition-disease specific and general nutrition to make it easier in choosing what materials are best suited for your school environment.

How to Access Materials:

Toll Free: 1-800-558-9595

On-line: www.eNasco.com/nutrition

Send orders to:

NASCO-Modesto

4825 Stoddard Rd.

P.O Box 3837

Modesto, CA 95352-3837

Fax: 209-545-1669

Email: modesto@eNasco.com

Cost:

Must be purchased; prices range from product-product



State of Arizona
Department of Education

Nutrition Education Resource
Learning Zone Express
Teaching Tools

Target Audience:

Educators of grades K-12, Nutrition and Foodservice Professionals

Materials Available:

Learning Zone Express provides:

- Nutrition education materials
- Posters, MyPyramid-related activities (i.e. board games)
- Food and kitchen safety posters and resources
- Information on food trends and sports nutrition,
- Nutrition activity books and visuals

This resource could also be of use in training foodservice workers and other individuals involved in the preparation and serving of food. The resource catalog breaks up materials into a variety of sections, including food and health trends and food and kitchen safety to make it easier to choose what materials are best suited for your school environment.

Some materials are available in Spanish as well as English.

How to Access Materials:

Toll Free: 1-888-455-7003

Fax orders to: 507-455-3380

Online: www.learningzonexpress.com (Special offers on website)

Mailing Address:

P.O Box 1022

Owtonna, MN 55060

Cost:

Must be purchased; prices vary.



State of Arizona
Department of Education

Nutrition Education Resource
Journey Works: Health Promotion and Health Education Publishing

Target Audience:

Educators of grades K-12

Materials Available:

Journey Works: Health Promotion and Health Education Publishing provides nutrition education materials with a physical activity component message included as well.

Materials available include:

- Brochures and pamphlets on a variety of food and physical activity related topics
- Posters to go along with each brochure

The resource catalog breaks up materials into a variety of sections, including food materials suited for adolescents, and healthy weight and food choices to make it easier to choose what materials are best suited for your school environment. Some materials are available in Spanish as well as English. These resources are available, but have to be purchased if desired in large quantities.

How to Access Materials:

To obtain free review sample: (up to 10 copies)

1-800-775-1998

Fax request on your schools letterhead to: 1-800-775-5853

Online: www.journeyworks.com

Mail:

P.O Box 8466

Santa Cruz, CA 95061-8466

Cost:

Free review samples can be obtained for free (up to 10 copies). Other copies of brochures/posters must be purchased and prices vary.



State of Arizona
Department of Education

Nutrition Education Resource
National Foodservice Management Institute
Nutrition 101: A Taste of Food and Fitness

Target Audience:

Educators of grades K-12

Materials Available:

National Foodservice Management Institute, Nutrition 101: A Taste of Food and Fitness is a comprehensive manual with:

- Activities and handouts
- PowerPoints
- Script for the teacher
- Pretests and posttests to test the students' knowledge

Nutrition 101 provides a basic overview of nutrition. The module incorporates a variety of learning activities to engage participants on a personal level. The learning objectives for each lesson are achieved through completion of all lesson components. Lessons are designed to be completed within 30 minutes. Materials within each lesson plan may be adapted for the age level of the audience. Lessons are PDF files, which require the use of Acrobat Reader software. PowerPoint presentations require PowerPoint Software.

How to Access Materials:

Online: <http://www.nfsmi.org/Information/blt2005index.htm>

Contact Information:

University of Mississippi (Headquarters)

Phone: 800-321-3054

Fax: 800-321-3061

Website: www.nfsmi.org

Cost:

Free



State of Arizona
Department of Education

Physical Activity Resource
Centers for Disease Control (CDC): VERB-It's What You Can Do

Target Audience:

Educators of "Tweens" Ages 9-13, School Professionals

Materials Available:

VERB: It's what you can do, is a national, multicultural, social marketing campaign* coordinated by the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention (CDC). The VERB campaign encourages young people ages 9–13 (tweens) years to be physically active every day. The campaign combines paid advertising, marketing strategies, and partnership efforts to reach the distinct audiences of tweens and adults/influencers. Parents, partners, and professionals who serve tweens can take advantage of VERB's reach to tweens and the excitement the campaign is generating among this age group to get moving!

This website includes resources and information to make regular physical activity "cool" for tweens and a fun thing to do. The website is also available in Spanish.

*Reference: CDC website, Verb-It's What You Can Do Youth Marketing Campaign

How to Access Materials:

Online: <http://www.cdc.gov/youthcampaign/>

Email: CDC-INFO@cdc.gov; Subject: VERB

Phone: 1-800-CDC-INFO (232-4636)

Cost:

Free



State of Arizona
Department of Education

Physical Activity Resource
Brain Breaks

Target Audience:

Educators of grades K-6

Materials Available:

This resource provides educators with activities designed by student teachers from Albion College, Concordia University, and the University of Michigan to help increase the number of physical activities implemented into the elementary classroom. Lessons are intercurricular, meaning they include aspects from other subject areas such as math and language arts in addition to the physical activity aspect.

Aspects of the lessons include:

- Psychosocial skills
- Cognitive
- Fitness,
- Psychomotor skills

All materials are available on the website for easy access by the teachers.

How to Access Materials:

Online: <http://www.emc.cmich.edu/Brainbreaks/default.htm>

Cost:

Free



State of Arizona
Department of Education

Physical Activity Resource
Planet Health:
An Interdisciplinary Curriculum for Teaching Middle School
Nutrition and Physical Activity

Target Audience:

Educators of middle-school aged children

Materials Available:

This resource provides teachers with a tool to help tackle the obesity epidemic. It was developed by the Harvard School of Public Health and has been implemented in field trials by both teachers and kids. The results of these trials proved to be beneficial in helping reduce the incidence of obesity and television viewing time, and increasing the consumption of fruits and vegetables. Materials are interdisciplinary and encourage active, inquiry-based learning, emphasizing literacy across the curriculum and addresses national learning standards.

Included in the curriculum:

- 63 ready-to-use lesson plans in 30-minute units
- 4 at a glance charts that lists lessons by subject and theme
- PowerDown, a campaign to reduce TV watching time,
- FitCheck which is a self assessment tool for the students
- Reproducible worksheets

A Planet Health Teacher Workshop Slide Set is available for viewing on the internet for those who are interested in possibly purchasing this toolkit.

How to Access Materials:

Order online: www.humankinetics.com/products/showproduct.cfm?isbn=0736031057

Contact:

Alice Colby

(617) 432-3840

acolby@hsph.harvard.edu

Cost:

\$45 for complete kit

Planet Health Teacher Workshop Slide Set: free for viewing on internet



State of Arizona
Department of Education

Physical Activity Resource
Centers for Disease Control:
Healthy Schools, Healthy Youth

Target Audience:

Educators of all grades, parents, school administrators

Materials Available:

An assortment of:

- Brochures
- Guides
- Evaluation and assessment tools for professionals to evaluate their current physical education program,
- Reports on how to improve an existing physical education program and programs that have been used and are successful in increasing physical activity among the youth

Links to MyPyramid for kids is also available for viewing which includes online games and downloadable resources. Materials can be downloaded directly from the website and most brochures are available in additional languages such as Chinese and Spanish.

How to Access Materials:

Online: <http://www.cdc.gov/HealthyYouth/physicalactivity/publications.htm#1>

Mail:

Healthy Youth

P.O. Box 8817

Silver Spring, MD 20907

Phone: 1 (800) CDC-INFO

Email: cdc-info@cdc.gov

Subject: CDC's Division of Adolescent and School Health (DASH)

Cost:

Free



State of Arizona
Department of Education

Physical Activity Resource
National Association for Sport and Physical Education (NASPE)

Target Audience:

Educators of grades K-12

Materials Available:

NASPE provides an assortment of tools, educational materials, posters, tests, activity card packets, and guides for teaching and promoting physical education.

Products available are more extensive and cover a variety of areas including a multicultural approach to teaching children physical activity, a resource for teaching games for understanding P.E, and liability and safety issues for P.E teachers

How to Access Materials:

To Request a Hard Copy of the Resource Catalog

Phone: 1-800-321-0789

Cost:

The resources available on this website are for purchase, but there are reduced prices for those who are members of NASPE.



State of Arizona
Department of Education

Physical Activity Resource
United States Navy: Run, Jump 'n Throw

Target Audience:

Grades 1-12, special and adaptive education

Materials Available:

The Navy Run Jump n' Throw program is supported by the United States Navy to enhance physical fitness, health and physical development for students grades 1-12 in the United States. The Navy RJT program is an excellent opportunity for kids in school or recreation programs to enjoy sports activities that are designed to meet their needs in sports. The Navy Run Jump n' Throw program provides individual assessment for students and is a terrific tool for a physical education, special education or adaptive physical education program. This program provides teachers with a way to assess students through provided scoring tables. Also included is the curriculum along with goals, and benefits to be attained through the class.

Enrolling in this program will provide you with:

- A Navy Run Jump n` Throw Sports Guide
- Free enrollment in the United States Track Coaches Association
- Free one-year subscription to the *Coaches Review Magazine*
- Track and field equipment for the RJT program through the On Track catalog
- Online listing of all schools enrolled in the Navy RJT program so that you can compete against other schools or recreation programs throughout the United States

How to Access Materials:

To Enroll Online (fill out application):

<http://www.runjumpnthrow.org/contact.html>

Cost:

Free



State of Arizona
Department of Education

Physical Activity Resource
SPARK
School-Based Sports, Play, and Active Recreation for Kids

Target Audience:

Grades K-12

Materials Available:

SPARK is a model PE curriculum/staff development program providing tools and services to schools, after-school programs, community outreach projects, recreation departments, university grants, and health organizations. Materials are available online for curricular development, staff training, and long-term follow-up/consultation. Also included in the SPARK program are assessments and evaluations, program books for instructors, and equipment.

How to Access Materials:

Online: <http://www.sparkpe.org/index.jsp>

Contact:

Paul Rosengard

Phone: 1-800-SPARK-PE

Email: spark@sparkpe.org

Cost:

Program must be purchased.

For a free cost analysis:

E-mail: spark@sparkpe.org

Phone: 1-800-SPARK PE



State of Arizona
Department of Education

Nutrition and Physical Activity Resource
California Project LEAN: Leaders Encouraging Activity and Nutrition

Target Audience:

Educators of Middle and High School

Materials Available:

California Project LEAN created this kit with a grant from the Nutrition Education Training Section of the California Department of Education. Jump Start Teen's real-life, cross-curricular lessons encourage students to eat healthy, keep moving and take action! Topics covered include:

- Healthy eating
- Physical activity
- Food label reading

Project LEAN includes:

- Lesson plans
- Worksheets
- Evaluations
- Overviews of lessons plans with objectives and a list of needed materials
- Links

How to Access Materials:

Online: <http://www.californiaprojectlean.org/resourcelibrary/>

Contact:

California Department of Education
CDE Press, Sales Office
P.O. Box 271,
Sacramento, CA 95812-0271

Fax: (916) 323-0823

Toll Free: 1-800-995-4099

Cost:

Program must be purchased at \$14 per copy plus shipping and handling.
Presentations can be downloaded and viewed online at no cost.



State of Arizona
Department of Education

Nutrition Information Resource
The Arizona Nutrition Standards

Target Audience:

School administrators, foodservice staff of grades K-12, parents

Materials Available:

The full version booklet of the Arizona Nutrition Standards provides an extensive overview of the Arizona Nutrition Standards. Along with the overview, the booklet provides:

- An introduction to how the standards came about
- References
- Resources
- Definitions
- Current restricted items

A shorter, quick-guide to the Arizona Nutrition Standards is also available that gives a brief, general idea of what the standards are, but does not provide information on any exceptions to the rules.

How to Access Materials:

Online: <http://www.ade.az.gov/>

<http://www.ade.az.gov/health-safety/cnp/HB2544/ArizonaNutritionStandards.pdf>

(Adobe Acrobat must be installed to view the PDF file)

Contact:

National School Lunch Program & School Breakfast Program

Arizona Department of Education

1535 West Jefferson Street, Bin 7

Phoenix, Arizona 85007

Phone: (602) 542-8700

Toll Free: (800) 352-4558

Fax: (602) 542-3818 or (602) 542-1531



State of Arizona
Department of Education

Nutrition Information Resource
Arizona Action for Healthy Kids
Model Nutrition Policy

Target Audience:

School administrators, foodservice staff of grades K-12

Materials Available:

This downloadable PDF or Word file provides guidance and assistance in implementing your schools wellness policy. Topics specifically covered include:

- Statistics on the prevalence of childhood obesity
- Program requirements of the foodservice department
- Information on adequate eating space and time
- Food safety tips
- Nutrition education program design information
- Information on physical activity and healthy school environments
- Physical education recommendations
- Resources links

How to Access Materials:

Online: <http://www.ade.az.gov/health-safety/cnp/nslp/NutritionPolicy-StateBoardMeeting.pdf> (Arizona website)

http://www.actionforhealthykids.org/contact_us.php (National website)

Contact:

Action for Healthy Kids
4711 West Golf Road
Suite 625
Skokie, IL 60076

Toll Free: 1-800-416-5136

Email: info@actionforhealthykids.org



State of Arizona
Department of Education

Nutrition Information Resource
Food Research and Action Center (FRAC)
School Wellness Policy and Practice: Meeting the Needs of Low-Income Students

Target Audience:

School administrators, foodservice staff of grades K-12

Materials Available:

This downloadable PDF or Word file provides guidance and assistance in implementing your schools wellness policy. The guide provides:

- Sample policies
- Model programs
- Key research information

These are important tools to address the nutrition concerns of low-income children and communities in the development of school wellness policies. In addition, nutrition and physical education activities are mentioned to give you more ideas on how to implement your wellness policy.

How to Access Materials:

Online: http://www.frac.org/html/news/wellness_guide2006.html

Email: webmaster@frac.org

Mail:

1875 Connecticut Avenue, NW Suite 540

Washington, DC 20009

Phone: 202-986-2200

Fax: 202-986-2525



State of Arizona
Department of Education

Nutrition Information Resource
Centers for Disease Control
Healthy Youth!
Coordinated School Health Program

Target Audience:

School administrators, foodservice staff of grades K-12

Materials Available:

This guide provides descriptions of the eight interactive components that comprise a coordinated school health program model. These eight factors should be kept in mind when implementing your schools wellness policy. The eight components include:

- Health education
- Physical education
- Health services
- Nutrition services
- Counseling, psychological and social services
- Healthy school environment
- Healthy promotion for staff
- Family/community involvement

This guide reinforces the emphasis that should be placed on these key areas to have a successful wellness policy.

How to Access Materials:

Online: <http://www.cdc.gov/HealthyYouth/CSHP/>

Email: cdc-info@cdc.gov

Mail:

Healthy Youth

P.O. Box 8817

Silver Spring, MD 20907

Phone: 1 (800) CDC-INFO

1 (800) 232-4636